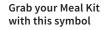


Quick Creamy Garlic Plant-Based Beef Ravioli with Roasted Almonds & Salad

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR







Plant-Based



Beef-Style Ravioli



Rosemary





Plant-Based Cooking Cream



Vegetable Stock



Seasoning

Tomato



Baby Spinach Leaves



Roasted Almonds





Chilli Flakes (Optional)



Leaves



You read that right, plant-based beef ravioli is on the menu, so now no one has to miss out on our popular pasta dishes! Complete with a cream sauce that you won't believe is plant-based, even meat and dairy lovers will approve.



Pantry items Olive Oil, Vinegar (White Wine or

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
plant-based beef-style ravioli	1 packet	2 packets		
garlic	2 cloves	4 cloves		
rosemary	2 sticks	4 sticks		
plant-based cooking cream	1 packet	2 packets		
vegetable stock powder	1 medium sachet	1 large sachet		
garlic & herb seasoning	1 medium sachet	2 medium sachets		
baby spinach leaves	1 small bag	1 medium bag		
tomato	1	2		
roasted almonds	1 medium packet	1 large packet		
mixed salad leaves	1 small bag	1 medium bag		
vinegar* (white wine or balsamic)	drizzle	drizzle		
chilli flakes ∮ (optional)	pinch	pinch		
diced bacon**	1 packet (90g)	1 packet (180g)		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3370kJ (805Cal)	895kJ (214Cal)
Protein (g)	22.4g	6g
Fat, total (g)	38g	10.1g
- saturated (g)	4.5g	1.2g
Carbohydrate (g)	89.8g	23.9g
- sugars (g)	7.2g	1.9g
Sodium (mg)	940mg	250mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3758kJ (898Cal)	892kJ (213Cal)
Protein (g)	29.3g	7g
Fat, total (g)	44.8g	10.6g
- saturated (g)	7g	1.7g
Carbohydrate (g)	90.5g	21.5g
- sugars (g)	7.7g	1.8g
Sodium (mg)	1370mg	325mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Cook the ravioli

- Bring a medium saucepan of salted water to the boil.
- Cook plant-based beef-style ravioli in the boiling water until 'al dente',
- Reserve some **pasta cooking water** (½ cup for 2 people / 1 cup for 4 people). Drain pasta, then return to pan. Drizzle with olive oil to prevent sticking.



Cook the sauce

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook garlic and rosemary until fragrant, 1 minute.
- Add plant-based cooking cream, vegetable stock powder, garlic & herb seasoning and some reserved pasta water (1/3 cup for 2 people / 2/3 cup for 4 people). Simmer, stirring, until slightly thickened, 1-2 minutes.
- Add cooked ravioli and baby spinach leaves. Cook, gently stirring, until spinach is wilted, 1 minute. Season with pepper to taste.

TIP: If needed, add a splash more pasta water to loosen the sauce!

Custom Recipe: If you've added diced bacon, before cooking the sauce, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook diced bacon, breaking up with a spoon, until golden, 4-6 minutes. Add garlic and continue with step as above.



Get prepped

- While pasta is cooking, finely chop garlic.
- Pick and finely chop **rosemary**.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily.



Serve up

- · Cut tomato into thin wedges. Roughly chop roasted almonds.
- In a medium bowl, combine tomato, **mixed salad leaves** and a drizzle of the vinegar and olive oil. Season to taste.
- Divide creamy plant-based beef ravioli between bowls. Top with roasted almonds and chilli flakes (if using).
- Serve with salad. Enjoy!



We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate

